

THE 12 DAYS OF SEEKFREAKS



Guide Website
APTA **AOTA** **ASHA**

Concise Clear Connected Contextual

Combined seating Facilitate access Practice opportunities Movement break space Movement corner

Tone Airplanes Wearable Seat Cushion Trunk

ISPT WPT 6MPT Perceived Exertion Scales ALP SEWM WST

Power Participation PT COUNTS Annual Meeting Job training Systemic Change SBAR Mentoring

SATCO	5 Reps Sit-to-Stand	TUG
ECAB	FRT	TFTS
PBS	PRT	TUDS

? ? WHY ? ? HOW ? ? WHAT ?

Demonstration	Specificity	Saliency
Verbal Instruction	Variability	Frequency
Feedback	Reducing Difficulty	Self-control
	Whole vs. part	Motor Imagery

MACS	Preterm Birth	Physical Activity	Power Mobility 1	DCD EACD Guide	Context-Focus
Fitness	Dynamic Balance	Online Modules	Power Mobility 2	DCD Service Model	PT COUNTS

1 YEAR OF SEEKFREAKING GOODNESS

2 TOOLS TO PROMOTE MOVEMENT

3 LISTS OF HANDY RESOURCES

4 CS OF LETTERS OF MEDICAL NECESSITY

5 CLASSROOM ARRANGEMENT TIPS

6 LIGHTBULB MOMENTS FROM CSM

7 WHEELCHAIR OPERATION TESTS

8 KEY LESSONS FROM KEYSTONE

9 TESTS OF BALANCE

10 MEDICAID Q&AS

11 MOTOR LEARNING PRINCIPLES

12 ARTICLE REVIEWS

HAPPY HOLIDAYS FROM ONE SEEKFREAK TO ANOTHER!